

ABSTRACT

Communicating content typically includes automatically determining an available bandwidth between a recipient and a provider. Based on the determined available bandwidth, content is selected to be communicated between the recipient and the provider.

5 The content then is communicated between the provider and the recipient. The available bandwidth may be determined automatically using at least one iteration that includes transmitting a predetermined amount of data to the recipient. An amount of time taken for the predetermined amount of data to be received by the recipient is monitored, and, based on the predetermined amount of data and the amount of time taken for the data to be received by
10 the recipient, the available bandwidth is calculated.

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